



FACT SHEET

Cut Out Domestic Violence

Possible Signs of Abuse

Evidence of one of these signs does not necessarily mean that your client is being abused, but seeing several of these signs may indicate a pattern of abuse. When in doubt, gently notice what you have observed and state your concern. For example, ***“I’ve noticed that you seem sore and anxious lately, and your partner frequently checks on you during your appointments. Here’s a phone number if you need to talk to anyone about what’s going on.”***

- ☐ Missed appointments
- ☐ Partner frequently calls on cell phone during appointment or always waits in the lobby or parking lot
- ☐ If a long-standing client, change in demeanor, such as nervousness, anxiety, or withdrawal
- ☐ Tenderness in scalp
- ☐ Injuries to hairline or scalp area
- ☐ Signs that hair has been torn or pulled out, such as bald spots
- ☐ Bruises on the arms or neck
- ☐ Explanations for injuries that don’t seem to fit the injury or minimize it, such as “I walked into a door...I’m so clumsy”
- ☐ Hair frailty, brittleness, or loss due to stress
- ☐ Hesitancy to make another appointment without checking with partner
- ☐ Hesitancy to change hair style or color without getting permission from partner
- ☐ Difficulty sitting in the chair, having hair washed, or general mobility issues due to soreness or bruising
- ☐ Reports of being “cut off” or isolated from family and friends
- ☐ Reports that partner is extremely jealous

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For more information, visit www.vaag.com or call the
Virginia Family Violence & Sexual Assault Hotline – 1.800.838.8238 (v/tty)